

# Seasons of Change

## An opportunity for staff to reflect on loss, grief and bereavement

### What was it?

Loss, grief, and bereavement are universal emotions. Whilst death and dying is a natural part of life, during the past two years it is likely that many more people have been touched by experiences which may have triggered feelings associated with loss and change.

The Grief, Loss and Bereavement Group in NHS Greater Glasgow & Clyde created a new informal online event to give staff the opportunity to reflect on both our collective and individual experience of loss, grief and bereavement. The intention was to create a space for staff to reflect and recharge. There was no active participation necessary, rather staff were encouraged to listen and reflect on the various contemplative pieces.

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### Who was it for?

The sessions were open to anyone. We promoted the event via internal and external communication channels including Core Brief, HSCP e-bulletins, twitter, mailing lists.

### When was it?

The session ran from 16th - 20th May 2022, 12.00 - 2.00pm. The video lasted approximately 30 minutes and ran on a continuous loop. People could join at any point, and stay for as long as they liked.

This poster is part of  
the SPPC Poster  
Parade 2022



## What did the session cover?

A space for contemplation whilst listening to music.

A poem written by one of our Doctors who is also a poet laureat

A short reflection from our Spiritual Care Lead

A welcome and close by our Palliative Care Nurse Lead

A Finger-Hold exercise for mindfulness

331

Registrations

150

Attendees during the week\*

\*people also had the opportunity to watch the video in their own time

## Extra Support and Signposting

Given the sensitive topic, we were careful to ensure that help was clearly signposted both in our session and in our marketing.

Everyone who registered for the event was sent a resource list with suggestions of organisations, training, books, podcasts, TV Shows and games which can help them to further explore their feelings around these topics.





89%

Enjoyed the session.

96%

Would recommend to colleagues.

86%

Would be interested in attending future sessions.

### How people felt:

included looked after pleased  
compassion hopeful  
accepted curious vulnerable happy  
thoughtful sad  
fortunate safe surprised  
grief thankful satisfied  
peaceful

### What people said:

"felt that my feelings were normal and a shared human experience with lots of other people"

"made me reflect on my life and the speakers voices were very calming."

"lessened this feeling of isolation."

"really commend you for offering these sessions and I hope they will support the growth of a compassionate and kind culture."

"It made me feel peaceful."

"brought back memories."



## What people enjoyed most:

- The peaceful and calm tone of the session
- The capacitor (finger hold) exercise
- The visuals and the peaceful background music throughout the session
- Advice and signposting for staff requiring help
- The opportunity to reflect and process feelings
- The ease of access and anonymity
- The length of session, and being on repeat
- The lunch time slot
- The fact that it was available

**Watch "Seasons of Change, Spring 2022"**  
**by visiting the events pages of**  
**[www.nhsggc.scott/planningcare](http://www.nhsggc.scott/planningcare)**  
**or click here**

## What's next?

- Work is underway to create a second Seasons of Change video - this time with an autumnal theme.
- We are planning on hosting this event from 7-11th November 2022 using a similar format.
- Having started as a SLWG, the Grief, Loss and Bereavement have decided to become a formal group to help ensure these topics are continued to be promoted across the Health Board.
- The Group are also helping to promote To Absent Friends week across Care Homes and community groups to encourage the conversation to grow and have plans to link with local programmes running events across the Board.